LADY BUFF VOLLEYBALL

2012

SUMMER DATES

CONDITIONING: Volleyball is very physical sport requiring explosive motion and flexibility. Our daily conditioning will involve weight training, speed training, plyometric, and core exercises designed to increase ones athletic ability.

CONDITIONING WILL OCCUR DAILY FROM 3:30-5:00 IN THE AUXILIARY GYM

OPEN GYM: Open gym is an opportunity for players to get to know each other and work together on improving their sports skills. Open Gym is organized by the Fox Tech athletes.

OPEN GYM WILL OCCUR IN THE AUXILIARY GYM ON TUES. AND WED. FROM 5:00-6:30

FRESHMEN CAMP: Is a chance to work with the Fox Tech volley ball coaches to prepare for the season.

FRESHMEN CAMP WILL OCCUR JULY 24-JULY 27 FROM 8-11 AM IN THE AUXILIARY GYM. AND 8-11:00 on AUGUST 1-2nd.

VOLLEYBALL SEASON: The season begins on August 6th our first games are August 13th and August 15th.

PRACTICES WILL OCCUR EVERY WEEKDAY FROM 8 AM UNTIL 2 PM FROM AUGUST 6 UNTIL AUGUST 17TH EXCEPT ON GAME DAYS.

STARTING AUGUST 20 PRACTICES WILL BE FROM 4:30 PM UNTIL 6:30 PM EVERY DAY EXCEPT GAME DAYS.

PLEASE BE AWARE THAT TIMES AND DATES MAY CHANGE BASED ON OTHER ACTIVITIES AT FOX TECH THAT WE ARE CURRENTLY UN AWARE OF.

Please check the following web site for updates: FOXTECHVOLLEYBALL.wikispaces.com

Feel Free to contact me with any questions, I would love to get to know all my players and parents before the season begins.

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